



# GCSE PE

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SEAFORD COLLEGE

HEAD OF PHYSICAL EDUCATION – MR JAMES  
PHIMISTER

# Why should you choose it?

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- To acquire an understanding of the theoretical elements that underpin the practical nature of sport
- To discover the physical, psychological and social factors that contribute to performance in sport
- To learn how to create and live a physically active, healthy lifestyle that extends beyond school
- To development the enjoyment of sport and participating in physical activity
- To learn to analyse the sporting performance of yourself and others in order to improve
- To develop an understanding of the different pathways in sport beyond that of the participant e.g. coach, physical trainer, physiotherapist, sports analyst, etc.
- Prepare you for BTEC Sport or A-Level PE.

# Course content

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## **60% Theory**

Pupils will explore six chapters of the theoretical elements of sport: Applied Anatomy and Physiology; Movement Analysis; Physical Training; Sports Psychology; Socio-cultural Influences; Health, Fitness and Well-being. This section of the course will give pupils an insight into the factors behind physical performance in sport and provide the basis for the coursework element.

## **40% Practical**

This portion of the course is made up of two primary elements: practical performance in sport and analysis and evaluation of performance. The latter takes the form of a written piece of coursework where pupils will analyse either their own or a peer's performance and develop a plan for performance improvement.

# Paper 1: The human body and movement in physical activity and sport

## **What's assessed**

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

## **How it's assessed**

- Written exam: 1 hour 15 minutes
- 78 marks
- 30% of GCSE

## **Questions**

- Answer all questions.
- A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

# Paper 1 topics

## 1. Applied Anatomy and Physiology

**Skeletal system:** Functions, structure, and types of joints.

**Muscular system:** Types of muscles, muscle contractions, and antagonistic pairs.

**Cardiovascular system:** Structure and function of the heart, blood vessels, and blood components.

**Respiratory system:** Structure, mechanics of breathing, and gaseous exchange.

**Energy systems:** Aerobic and anaerobic respiration.

## 2. Movement Analysis

**Lever systems:** First, second, and third-class levers.

**Planes and axes of movement:** Sagittal, frontal, and transverse planes.

## 3. Physical Training

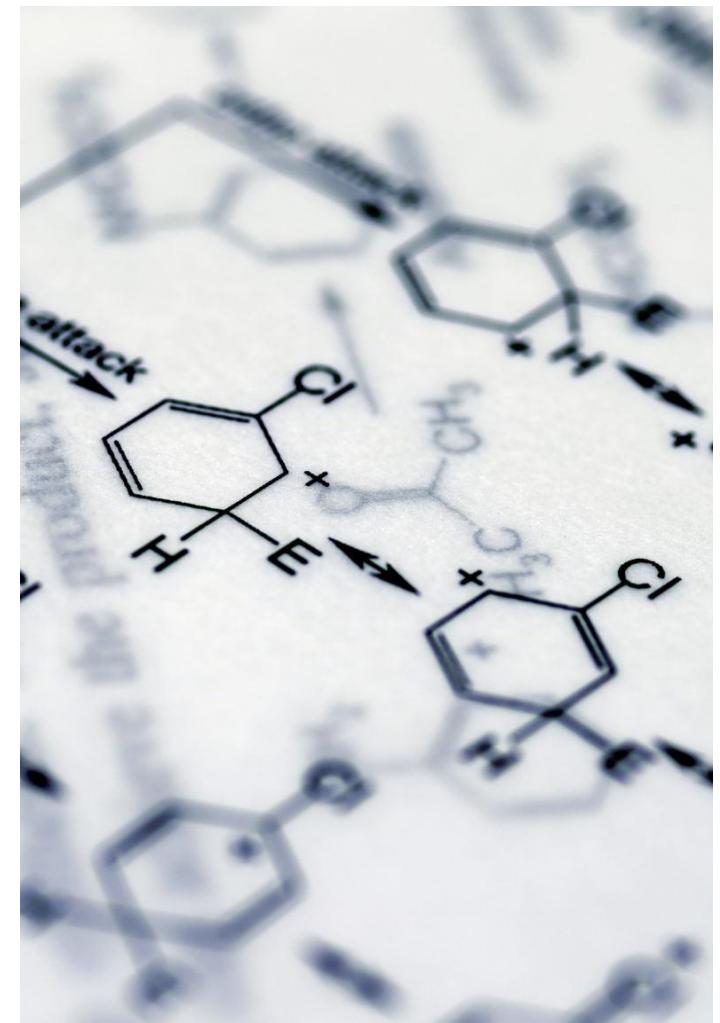
**Fitness and health:** Definitions and benefits of fitness, health, and well-being.

**Components of fitness:** Cardiovascular endurance, strength, flexibility, etc.

**Principles of training:** Specificity, overload, progression, and reversibility.

**Training methods:** Continuous, interval, Fartlek, and circuit training.

**Preventing injury:** Risk assessment and managing safety in physical activity.



# Paper 2: Socio-cultural influences and well-being in physical activity and sport

## What's assessed

- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

## How it's assessed

- Written exam: 1 hour 15 minutes
- 78 marks
- 30% of GCSE

## Questions

- Answer all questions.
- A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

# Paper 2 topics

## 4. Sports Psychology

**Skill classification:** Basic/complex, open/closed.

**Goal setting:** SMART targets (Specific, Measurable, Achievable, Relevant, Time-bound).

**Mental preparation:** Arousal, anxiety management, and motivation.

**Feedback and guidance:** Intrinsic/extrinsic and verbal/visual/manual/mechanical methods.

## 5. Socio-cultural Influences

**Participation factors:** Gender, ethnicity, age, and socio-economic influences.

**Commercialisation and media:** Sponsorship, media coverage, and its impact on sport.

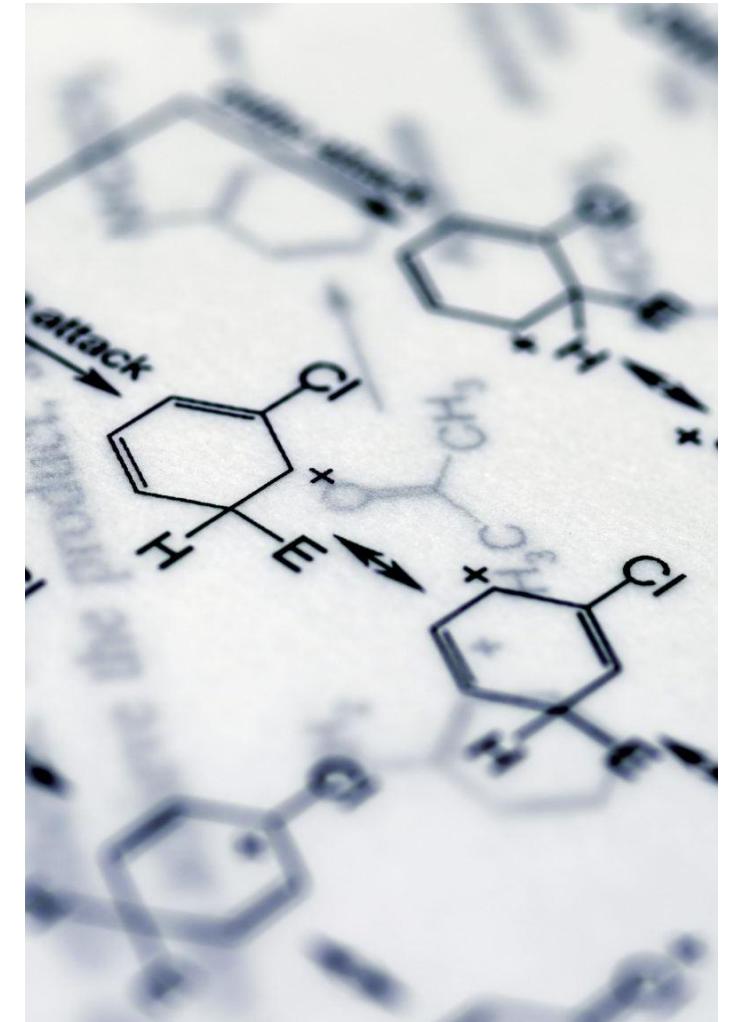
**Ethical issues:** Sportsmanship, gamesmanship, and the use of performance-enhancing drugs.

## 6. Health, Fitness, and Well-being

**Diet and nutrition:** Macronutrients, micronutrients, hydration, and their role in performance.

**Lifestyle choices:** Effects of smoking, alcohol, and sleep on performance and health.

**Sedentary lifestyle risks:** Obesity, diabetes, and other health issues.



# Non-exam assessment: Practical performance in physical activity and sport

## What's assessed

- Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- Analysis and evaluation of performance to bring about improvement in one activity.

## How it's assessed

- Assessed by teachers
- Moderated by AQA
- 100 marks
- 40% of GCSE

## Questions

- For each of their three activities, students will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity).
- Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.

# Practical Assessment

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## Non-Exam Assessment (NEA) FAQs:

- Pupils cannot be assessed in the same sport in both the team and individual format of the sport (e.g. either tennis doubles (team) or tennis singles (individual) – not both)
- I would strongly advise that students are able to competitvely play in all 3 chosen sports
- If pupils chose to be assessed in a sport that is not a core sport at Seaford College (e.g. skiing, football, trampolining, etc.), the pupil is responsible for gathering footage on which they will be assessed (pupils will be issued with assessment criteria for each sport)
- In the core sports that Seaford College offers (e.g. cricket, netball, rugby, etc.), pupils will undergo ongoing assessment over the two years by their GCSE PE teachers, team coaches and Heads of Sport
- All off-site footage that has been gathered is due by the end of Autumn Term/start of Spring Term in Year 11

# List of activities for practical component assessment

Team Activities		Individual Activities	
Acrobatic Gymnastics	Association Football	Amateur Boxing	Athletics ( 2 events)
Badminton	Basketball	Badminton	Canoeing
Camogie	Cricket	Cycling (Track, Road or BMX)	Dance
Dance	Figure Skating	Diving	Equestrian
Futsal	Gaelic Football	Figure Skating	Golf
Handball	Hockey	Gymnastics	Kayaking
Hurling	Ice Hockey	Rock Climbing	Sailing
Inline Roller Hockey	Lacrosse	Sculling	Skiing
Netball	Rowing	Snowboarding	Squash
Rugby League	Rugby Union	Swimming	Table Tennis
Sailing	Sculling	Tennis	Trampolining
Squash	Table Tennis	Windsurfing	
Tennis	Volleyball		
Water Polo			

# Timeline of the course

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## Timescale for Theory:

Chapter 6 = Year 10 – September – October Half term

Chapter 1 = Year 10 – October Half term – February half term

Chapter 2 = Year 10 – ***February half term – Easter***

Chapter 3 = Year 10 – Easter – end of term

Chapter 4 = Year 11 - September/October

Chapter 5 = Year 11 - Completed by Christmas

## Timescale for Coursework:

- Year 10 – Term 1 - Skill Strength/Weakness (Draft 1)
- Year 10 – Term 2 – Fitness Strength/Weakness (Draft 2)
- Year 10 – Term 3 – Refine Skill /Fitness and begin training plan (Check after summer work)
- Year 11 – Term 1 1<sup>st</sup> half-term – Complete all – Final Draft (Draft 3)
- Year 11 – Term 1 2<sup>nd</sup> half-term – Refine (Draft 4 if required)
- Deadline: **Friday 5<sup>th</sup> December**
- **Thursday 12<sup>th</sup> February - Skiing Monday 23<sup>rd</sup> February**

# Previous Results

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Grade	2023	2024	2025	2026
<b>9</b>	8%	10%	9%	
<b>9-8</b>	23%	26%	28%	
<b>9-7</b>	34%	38%	40%	
<b>9-6</b>	52%	60%	64%	
<b>9-5</b>	72%	76%	77%	
<b>9-4</b>	85%	91%	93%	
<b>9-3</b>	100%	97%	98%	
<b>9-2</b>	100%	100%	100%	
<b>9-1</b>	100%	100%	100%	
<b>Total</b>	61	68	53	66

# Additional Resources/Support

- Every Tuesday and Wednesday Period 8 (4:30-5:30pm) there will be a Performance PE session in SPC1 or SPC3
- This will be for pupils who want to access the highest grades available in both their PE coursework as well as their exams
- Pupils may be nominated to attend these sessions but they are open to all (pupils can also sign up when making their club choices)
- For additional resources, visit the PE page on Firefly as a first stop, as well as the following:

BBC Bitesize	Teach PE	Planet PE	PE Classroom
			
A government funded website that is full of sub-topics for PE including revision guides and <u>multiple choice</u> practice.	A free website that covers Anatomy & Physiology, Sports Psychology and Biomechanics. It also includes useful Sports Coaching for a variety of sports as well as PE revision quizzes.	A YouTube channel that contains useful videos on the various topics covered in GCSE PE.	An online subscription which covers the entire GCSE PE curriculum. All pupils will have accounts created for them and have access to additional lesson video content, practice questions and tests

# Expectations of students

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- Have a genuine interest in sport and physical activity
- Be able to perform across a number of physical disciplines
- Enjoy exploring the theoretical elements that underpin sporting performances
- Be organised, punctual and prepared for lessons involving practical and theoretical elements
- Effort, energy and enthusiasm in practical lessons even if it isn't a sport they are being assessed in
- Independence and proactiveness when gathering footage for sports that cannot be assessed in school (e.g. skiing, figure skating, rowing)

# Early Research & Questions

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[AQA | GCSE | Physical Education | Specification at a glance](#)

[GCSE Physical Education Specification Specification for first teaching in 2016](#)

If you have any questions regarding the content of the course, please contact [jphimister@seaford.org](mailto:jphimister@seaford.org).

